

CATCH Healthy Smiles Session Alignment

National Health Education Standards - Kinder

Lesson	Session Objectives	National Health Education Standard
Session Name: Healthy Smiles for Life	<p>Explain that teeth are important because they help us chew, talk, and smile</p> <p>Explain that you have to brush your teeth at least twice a day for 2 minutes with help from a guardian to keep teeth clean</p> <p>Identify swishing with water as a way to remove stuck-on food between brushings</p>	<p>Students will comprehend concepts related to health promotion and disease prevention to enhance health.</p> <p>1.2.1 Identify that healthy behaviors affect personal health.</p>
Session Name : Brushing	<p>Explain that you have to brush your teeth at least twice a day for 2 minutes with help from an adult to keep teeth clean</p> <p>Describe what happens to teeth when they're not kept clean</p> <p>Identify swishing with water as a way to remove stuck-on food between brushings</p> <p>Describe common brushing problems and discover solutions</p> <p>Create personal oral health care goals</p>	<p>Students will demonstrate the ability to use decision-making skills to enhance health.</p> <p>7.2.2 Demonstrate behaviors that avoid or reduce health risks.</p>
Session Name : Flossing	<p>Explain that you have to floss once a day to clean between teeth</p> <p>Describe how to floss teeth</p> <p>Describe what happens to teeth that are not flossed</p> <p>Identify swishing with water as a way to remove stuck-on food between brushings</p>	<p>Students will demonstrate the ability to use decision-making skills to enhance health.</p> <p>7.2.2 Demonstrate behaviors that avoid or reduce health risks.</p>
Session Name: The Dentist	<p>Describe the dentist as a doctor who cares for your teeth</p> <p>Describe the events that take place during a dental check-up</p> <p>Recognize the importance of regular dental visits</p> <p>Distinguish between factual and false statements about caring for teeth</p> <p>Create personal oral health care goals</p>	<p>Students will comprehend concepts related to health promotion and disease prevention to enhance health.</p> <p>1.2.5 Describe why it is important to seek health care</p>
Session Name: Tooth-Friendly Foods & Drinks	<p>Distinguish between drinks/foods that are tooth-friendly and drinks/foods that are not</p> <p>Identify water as the best tooth-friendly drink</p> <p>Identify swishing with water as a way to remove stuck-on food between brushings</p> <p>Describe crunchy fruits and vegetables as the best tooth-friendly choices</p> <p>Explain that choosing tooth-friendly drinks and foods helps to keep your smile healthy</p> <p>Set a class wide goal to keep healthy smiles</p>	<p>Students will comprehend concepts related to health promotion and disease prevention to enhance health.</p> <p>1.2.1 Identify that healthy behaviors affect personal health.</p>

CATCH Healthy Smiles Session Alignment

National Health Education Standards - First Grade

Session	Session Objectives	National Health Education Standard
Session Name: Healthy Smiles For Life	<p>Explain that teeth are important because they help us chew, talk, and smile.</p> <p>Explain that you have to brush your teeth at least twice a day for 2 minutes with help from an adult to keep teeth clean.</p> <p>Describe how to brush your teeth.</p> <p>Describe what happens to a tooth when it is not kept clean.</p>	<p>Students will comprehend concepts related to health promotion and disease prevention to enhance health.</p> <p>1.2.1 Identify that healthy behaviors affect personal health.</p>
Session Name: Brushing	<p>Explain that to protect teeth, we have to brush least twice a day for 2 minutes with the help of an adult.</p> <p>Describe what happens to a tooth when it is not brushed.</p> <p>Describe how long teeth need to be brushed for.</p> <p>Create a personal oral health care goal.</p>	<p>Students will demonstrate the ability to use decision-making skills to enhance health.</p> <p>7.2.2 Demonstrate behaviors that avoid or reduce health risks.</p>
Session Name: Flossing	<p>Explain that you have to floss once a day to clean between teeth.</p> <p>Describe how to floss teeth.</p> <p>Describe what happens to teeth that are not flossed.</p> <p>Identify swishing with water as a way to remove stuck-on food between brushings.</p>	<p>Students will demonstrate the ability to use decision-making skills to enhance health.</p> <p>7.2.2 Demonstrate behaviors that avoid or reduce health risks.</p>
Session Name: The Dentist	<p>Describe the dentist as a doctor who cares for your teeth.</p> <p>Describe the events that take place during a dental check-up.</p> <p>Recognize the importance of regular dental visits.</p> <p>Distinguish between factual and false statements about oral health.</p>	<p>Students will comprehend concepts related to health promotion and disease prevention to enhance health.</p> <p>1.2.5 Describe why it is important to seek health care</p>
Session Name: Tooth-Friendly Foods & Drinks	<p>Distinguish between drinks/foods that are tooth-friendly and drinks/foods that are not.</p> <p>Identify water as the best tooth-friendly drink.</p> <p>Identify swishing with water as a way to remove stuck-on food between brushings.</p> <p>Describe crunchy fruits and vegetables as the best tooth-friendly choices.</p> <p>Explain that choosing tooth-friendly drinks and foods helps to keep your smile healthy.</p> <p>Set a class wide goal to keep healthy smiles.</p>	<p>Students will comprehend concepts related to health promotion and disease prevention to enhance health.</p> <p>1.2.1 Identify that healthy behaviors affect personal health.</p>

CATCH Healthy Smiles Session Alignment

National Health Education Standards - Second Grade

Lesson	Session Objectives	National Health Education Standard
Session Name: Healthy Smiles For Life	<p>Explain that teeth are important because they help us chew, talk, and smile.</p> <p>Identify cavities as a disease.</p> <p>Describe the consequences of caring for teeth, explaining that when teeth are not kept clean, cavities can form.</p> <p>Explain that you have to brush your teeth at least twice a day for 2 minutes to prevent cavities.</p> <p>Explain that you have to floss once a day to prevent cavities.</p> <p>Explain that you need to visit the dentist twice a year to keep a healthy smile.</p> <p>Explain that you need to choose tooth-friendly foods and drinks like water, fruits and veggies to keep a healthy smile.</p>	<p>Students will comprehend concepts related to health promotion and disease prevention to enhance health.</p> <p>1.2.1 Identify that healthy behaviors affect personal health.</p>
Session Name: Brushing	<p>Explain that you need to brush teeth for two minutes twice a day with help from an adult to prevent cavities.</p> <p>Describe how to brush teeth properly, emphasizing using a pea-sized amount of toothpaste, brushing gently for the full two minutes, and reaching the back teeth.</p> <p>Demonstrate how to correctly brush teeth.</p> <p>Describe the consequences of not brushing, explaining that when teeth are not kept clean, cavities can form.</p> <p>Describe cavities as a type of disease.</p>	<p>Students will demonstrate the ability to use decision-making skills to enhance health.</p> <p>7.2.2 Demonstrate behaviors that avoid or reduce health risks.</p>
Session Name: Flossing	<p>Explain that flossing teeth is important to remove germs and food between teeth.</p> <p>Explain that teeth need to be flossed once daily with help from an adult.</p> <p>Describe how to floss teeth, explaining that floss should be gently threaded between each tooth.</p> <p>Describe the consequences of not flossing, particularly the formation of cavities between teeth.</p>	<p>Students will demonstrate the ability to use decision-making skills to enhance health.</p> <p>7.2.2 Demonstrate behaviors that avoid or reduce health risks.</p>
Session Name: The Dentist	<p>Describe the dentist as a doctor who cleans and cares for their teeth.</p> <p>Describe the events that take place during a dental check-up.</p>	<p>Students will comprehend concepts related to health promotion and disease prevention to enhance health.</p> <p>1.2.5 Describe why it is important to seek health care</p>
Session Name: Tooth-Friendly Foods & Drinks	<p>Distinguish between drinks/foods that are tooth-friendly and drinks/foods that are not.</p> <p>Identify water as the best tooth-friendly drink.</p> <p>Identify swishing with water as a way to remove stuck-on food between brushings.</p> <p>Describe crunchy fruits and vegetables as the best tooth-friendly choices.</p> <p>Explain that choosing tooth-friendly drinks and foods helps to keep your smile healthy.</p> <p>Set a class wide goal to keep healthy smiles.</p>	<p>Students will comprehend concepts related to health promotion and disease prevention to enhance health.</p> <p>1.2.1 Identify that healthy behaviors affect personal health.</p>